# Excerpt from: HOW CHANGING YOUR READING HABITS CAN TRANSFORM YOUR HEALTH

# Fast COMPANY

According to Billington and Sue Wilkinson, the CEO of [The Reading Agency](http://readingagency.org.uk/), a UK charity that develops and delivers programs to encourage people to read more, experts are now discovering reading has numerous additional benefits to physical and psychological health....

"Reading for pleasure in general can also help prevent conditions such as stress, depression, and dementia," says Wilkinson. "Research has shown that people who read for pleasure regularly report [fewer feelings of stress and depression](http://www.quickreads.org.uk/assets/downloads/docs/Galaxy-Quick-Reads-Report-FINAL%20.pdf) than non-readers. Large scale studies in the U.S. show that being more engaged with reading, along with other hobbies, is associated with [a lower subsequent risk of incidents of dementia.](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2911991/)"

Wilkinson also notes that people who read books regularly "are on average more satisfied with life, happier, and more likely to feel that the things they do in life are worthwhile." A recent survey of 1,500 adult readers found that 76% of them said that [reading improves their life and helps to make them feel good](http://www.booktrust.org.uk/usr/library/documents/main/1576-booktrust-reading-habits-report-final.pdf)....

"Reading has huge power to make you see things from another person’s point of view," says Wilkinson, citing research that shows that [reading reduces stress and creates neurological changes in the brain](http://online.liebertpub.com/doi/abs/10.1089/brain.2013.0166) that makes it think you’re in another world—or another life. "Reading about people different to you, for example who come from another culture or background, can help you understand their perspective and readdress former prejudices."

**Writing Prompt:**

According to Sue Wilkinson, what are the benefits of reading books regularly? Do you agree with her and the research she cites? To support your opinion, you may use examples from your own experiences, your observations of others, and anything you have read (including this excerpt).

(url address for the article: http://www.fastcompany.com/3048913/how-to-be-a-success-at-everything/how-changing-your-reading-habits-can-transform-your-health?utm\_campaign=trueAnthem:+Trending+Content&utm\_content=562cdb0804d30158f6000001&utm\_medium=trueAnthem&utm\_source=twitter )